

## Chronic Conditions Wellness Program

Grit Mobility Concepts

### **Who is this for?**

This program is for anyone who has one or more chronic conditions like arthritis, diabetes, neuropathy, back pain, heart disease, high blood pressure, etc. We know that medications and treatments only help so much and the rest is up to you! The program is only appropriate for those who are considered medically stable and cleared to participate in an exercise program.

### **Why is this important?**

Studies show that “Exercise is Medicine”! It can help lower incidences of cancer, cardiovascular disease, diabetes, blood pressure, AND boost brain health! [https://www.exerciseismedicine.org/support\\_page.php/physical-activity-health-impact/](https://www.exerciseismedicine.org/support_page.php/physical-activity-health-impact/)

Did you know that many chronic conditions can be managed with exercise, better health habits, and nutrition?!?! This often times means a reduction in the need for medications=\$\$\$ and nasty side effects.

### **When would be a good time for this?**

- After discharging from a therapy program to help you maintain what you have gained
- If you want to supplement your current therapy program to help you meet your goals
- NOW! This is a great time to do your part and invest in your health and well-being!

### **What does the program look like?**

- It will start with a quick assessment of how well you are moving, what kind of program are you currently on, and if there is an exercise/activity of interest
  - Education on positioning, safety, joint protection, energy conservation, and optimal movement strategies integrated throughout program
- Develop a program together that will work towards your needs (may include pieces of your current program)
  - \$175 Initial Wellness Assessment + Individualized Program Development (60 minutes-in person)

*\*Virtual option using secure platform: \$150 for assessment and program development*
- Follow up Wellness visits (45 minutes) = \$125/visit OR \$600 package of 5 in-person visits (\$25 savings)
  - Additional \$15 travel fee per visit if >10 miles from 83616 zip code

*\*Virtual option using secure platform: \$95 per follow-up visit OR \$450 package of 5 virtual visits (\$25 savings)*

### **How do I start?**

- Call 208-992-7550 or e-mail [PTdoc@gritmobility.com](mailto:PTdoc@gritmobility.com) to ask about the Chronic Conditions Wellness Program



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